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KNIGHTS OF THE ROUND DRAFT TABLE

THREE OF LONDON'S FINEST GET THE CALL FROM NHL TEAMS IN THE FIRST ROUND OF DRAFTING PAGE 14

Firefighters' deaths stun Arizona town

19 bodies are retrieved after men fall victim to an unpredictable wildfire PAGE 5

Tomatoes three ways

Grill them for a sourdough and tomato salad, serve them fresh with cheese and herbs or bread them and fry them up PAGE 11

Military gives Egypt's prez 'last chance'

Mohammed Morsi is given 48 hours to resolve a standoff with his opponents as protesters rally PAGE 5

A big Canada Day welcome

Harris Park. London ceremony sees 52 sworn in as citizens on nation's 146th birthday

Quoted

"We're very proud."

German Franco, 15, of St. Thomas, on becoming a Canadian citizen

Their first act as Canadian citizens was to stand together singing O Canada — and heavy rain did not bother them one bit.

The 52 proud additions to what Mayor Joe Fontana called "the greatest country on the face of the Earth" came from 22 nations, and their long journeys ended in Harris Park on Canada Day with an emotional citizenship ceremony.

They stood to take an oath of allegiance to Canada and the Queen, and then there were smiles, handshakes, hugs and more than a few tears.

Comedian Steve Smith, who acted as master of ceremonies, told them from the stage: "It's a big deal. This is a very proud moment for all of you, and it's a memory that you and your family will cherish forever."

None was more proud than German Franco, who stood in his crisp Royal Canadian Air Cadets uniform to take his oath. The 15-year-old lives in St. Thomas and goes to Central Elgin Collegiate Institute.

"We're very proud," he said.

His mother, Maria Vasquez, chimed in: "We're from Colombia. We've been here six years. We're so happy today."

From the same country came Marcela Gomez, 41, and her daughter Ana-Sofia Guiot, 7. They arrived in Canada as refugees five years ago.

"Colombia has many conflicts going on," Gomez said. "My family suffered some because of these conflicts so my parents came to Canada. They've been here for 14 years.

"When I had my daughter I didn't want her to be involved in the conflict in Colombia, so I came here, too."

She said she was "very happy" to be in Canada. "It's been a long way. I feel very grateful being able to be here and of course today is a very special day for me."

There to welcome the new Canadians were dignitaries including MPs Susan Truppe, Ed Holder and Irene Mathyssen, Ontario Health Minister Deb Matthews and MPP Teresa Armstrong, and city councillors Matt Brown and Paul Van Meerbergen, along with the mayor. Police personnel and military veterans were also present.

Truppe had a simple message for those becoming citizens: "Happy Canada Day and welcome home."

MIKE DONACHIE/METRO

German Franco, 15, of St. Thomas, takes the oath to become a Canadian citizen during a ceremony as part of Canada Day celebrations on Monday in Harris Park. MIKE DONACHIE/METRO

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Ultramarathoner gets his life back on track

Rob Tranter of London is preparing to head to North Wales at the end of the week to compete with Canada's World Ultramarathon Team. Running to work, instead of driving, has been part of his training. CONTRIBUTED

75K challenge. This time, he's running for the newborn in his life

KEVIN HURREN
london@metronews.ca

While most try to avoid rush-hour traffic, Rob Tranter, literally, just runs past the problem.

Instead of driving to and from his job as education director at London's Medix College, Tranter runs.

This 20-kilometre trek is nothing compared to what Tranter is about to take on Saturday.

As part of Canada's World Ultramarathon Team, Tranter and a handful of runners from across the country will run a 15-kilometre course through North Wales five times — accumulating in a total distance of 75 kilometres.

The gruelling trek is intimidating for any runner, but Tranter is determined not to shy away from a challenge this time around.

In 2000, he trained in Australia for the Olympic Games but came back to London before completing his time with the development squad.

Leaving the program has always been a regret.

"I don't think I had the maturity or the positive self-talk to stay," he said.

While he stayed involved with marathons and triathlons by starting his own coaching business, Tranter didn't set his eyes on an international run until recently.

One of the things that pushed him back onto the track was the recent birth of his daughter.

"I don't want to give her excuses of why I didn't allow myself to achieve my goals," he said.

Tranter knows how important family role models are.

His grandfather is one of North America's highest-ranked marathoners, and his father played a major role in getting Tranter involved in the sport.

Even if she doesn't take to running, Tranter says everything he does these days is for his daughter.

"Family is my No. 1 priority," he said.

Tough terrain

Rob Tranter will take on a variety of terrain when he competes in the International Association of Ultrarunners Trail World Championships in North Wales.

- Starting in a ring of standing stones reflecting the traditions of the area's ancient druid religion, the event includes steep climbs, rugged tracks and off-road areas including forests where the route is only barely marked out.

Positivity

"Surround yourself with positive, constructive people, and you just find a way."

Rob Tranter, London ultramarathon runner, on staying motivated

Weapon. Charges laid in alleged attack on driver, cops

A London man is facing charges after police say he tried to rob a truck while wielding a knife.

Police say the man clung to the passenger side of a slow-moving transport truck while holding a boxcutter at about 2:45 a.m. Saturday near Adelaide and Oxford streets.

The man demanded that the driver keep the truck moving, police said. Instead, the driver stopped and called police.

The suspect was still clinging to the passenger side of the truck when officers arrived. When they demanded that he show his hands, the suspect allegedly ran toward the officers with the weapon.

Thomas Jackson, 37, is charged with possessing a weapon dangerous to public peace, assaulting a peace officer with a weapon and possession of a controlled substance. METRO

Extreme makeover

Fancy new pool to be unveiled

The city will unveil a nearly $2-million makeover at Westminster Community Pool on Wednesday.

Closed for upgrades last summer, the pool at 650 Osgoode Dr. will reopen to the masses at 6:30 p.m., followed by a free swim.

Upgrades include heated water, a beach-style entry, a diving area and a wading area. METRO

Rollerblader. Man wanted in attempted abduction

Police are looking for a man wanted in the attempted abduction of a five-year-old girl.

The incident happened about 5 p.m. Sunday at the Gibraltar Trade Center (1712 Dundas St.), police said.

An unidentified man took hold of the girl's hand and tried to lead her away. The man let loose of the girl when confronted, and was last seen travelling west on Dundas Street on in-line skates, police said.

The suspect is described as white, 20- to 30-years-old, five-foot-six and thin.

He has blond or light brown short hair and scruffy facial hair. He was last seen wearing a black baseball cap, a bright blue T-shirt with a white logo, and white pants.

Call police at 519-661-5670 or Crime Stoppers at 800-222-8477 with any info. METRO

Liberals. Byelection call for London West could come this week

Byelections in five provincial ridings, including London West, could be called by Premier Kathleen Wynne as early as Wednesday, sources say.

Liberal strategists were expected to spend Canada Day weekend finalizing plans to see voters in Etobicoke, Scarborough, Ottawa, London and Windsor headed to the polls, possibly on Aug. 1.

"Nothing has been settled yet," a senior government official, speaking on condition of anonymity in order to discuss internal strategy, insisted Friday.

"We're not even sure we will hold all of them the same day," said the Liberal, adding that, by law, Wynne only has to call byelections in London West and Windsor-Tecumseh before Aug. 15.

The other three ridings could wait until December or January.

But other Liberals say they are in election-readiness mode in anticipation of writs being dropped next week in all five vacant constituencies.

Former Ontario Secondary School Teachers' Federation president Ken Coran — who campaigned for the NDP against the Liberals in last September's Kitchener-Waterloo byelection — has received the Grit nod in London West, a seat that had been held by former energy minister Chris Bentley.

Coran had broken with the Liberals due to McGuinty's fight with teachers' unions, but has patched things up since Wynne took over.

Tory MPP Rod Jackson chortled that Coran's candidacy is a gift for the Tories and a "terrible mistake" by the Liberals.

Ken Coran
TORSTAR NEWS SERVICE

"This comes after a time when he actually stood outside the Liberal leadership convention, saying it was a 'corrupt government; we can't trust them,'" Jackson said Friday.

Coran, meanwhile, issued a statement assuring people he "will be a strong and loud voice for the families of London West at Queen's Park."

Coran will be in a tight three-way race with the NDP's Peggy Sattler and the Tories' Ali Chahbar. Gary Brown is the Green candidate.

Coran was also the only candidate to file nomination papers with the Ontario Liberal Party, officials said in a statement. He's lived in the Forest City for nearly 40 years and has been a longtime member of the London West Provincial Liberals Association.

Despite the Tories being the most prepared for byelections, at least in terms of candidates, Jackson played down expectations for his party.

"These are ridings we haven't held in a long time. It's going to be a really difficult fight. We're ready," he said.

TORSTAR NEWS SERVICE

Brain and Mind Institute

Western-led research team honoured

A team of researchers powered largely by Western University's Brain and Mind Institute received top honours during a recent international hackathon focused on the human brain.

Led by Western neuroscientist Rhodri Cusack, the team developed a method that allows for better understanding of how the human brain processes sounds. The work is expected to help in understanding and treating developmental disorders.

METRO

July 21

Latino community to mark Colombia independence

The Latino London community organization will mark Colombia's Independence Day with a July 21 celebration in Greenway Park.

Events will include a Godchildren Festival, which builds on a traditional Colombian celebration shared between godparents and godchildren. A Latino food festival is also on the schedule.

Events run from 11 a.m. to 7 p.m. at the park (50 Greenside Ave.).

METRO

Danielle Davidson is pictured last month in her London home. She has now been hospitalized while waiting for her second double-lung transplant. MIKE DONACHIE/METRO

Teacher hopes '2nd time's the charm'

28-year-old Londoner. Danielle Davidson has cystic fibrosis and is waiting for her second double-lung transplant

MIKE DONACHIE
mike.donachie@metronews.ca

It's a frightening time for Danielle Davidson, but it's also a time of hope.

The London teacher, 28, who is waiting for her second double-lung transplant, has now been hospitalized with what's classified as a "rapidly deteriorating" condition.

Still, she was upbeat, positive and looking ahead when she spoke to Metro on Monday from her bed at Victoria Hospital.

"I'm doing OK, but I'm in hospital right now. I've been feeling a lot more tired and such," said Davidson, who has been upgraded to "status three" making her among the province's top priorities for a transplant.

"I am faring well as I continue to wait," she said in a followup email. "I was admitted into hospital on Thursday with respiratory distress. I have been quite tired and very short of breath with any exertion.

"They are just monitoring me here. My status on the lung transplant waiting list has been upgraded to 'rapid deterioration.' Although it is still unknown how long I will need to wait."

Like so many on the transplant list, Davidson has to cope with mixed emotions. If she is to have any quality of life, she needs organs to become available. For that to happen, someone else has to die.

So she faces a difficult, very emotional time at the head of the line.

Her family and friends keep supporting her, though.

"I've had like 10 people a day here," she said.

Her amazing attitude keeps shining through. She told supporters on Facebook: "Keeping my spirits up!"

She added: "Second time's the charm, people!"

Background

- Danielle Davidson has cystic fibrosis, an inherited condition.
- In 2011, her lungs had deteriorated so much that she had a double-lung transplant.
- But since the spring of 2013 her body has been rejecting the organs, so she is now a high priority for a second double-lung transplant.
- Davidson spends her days attached to an oxygen tank, and only a successful transplant will give her a normal life.

CPRI attack lands London man in prison

Greg Simard
CONTRIBUTED

A 24-year-old London man has been found criminally responsible in the brutal beating of a boy half his age at a child development centre.

The ruling sends Greg Simard to prison, not a psychiatric institution.

Simard earlier pleaded guilty to attempted murder in connection with the attack last September at the Child and Parent Resource Institute, which left the autistic 12-year-old with permanent brain damage.

His lawyer had argued Simard was schizophrenic and could not have known what he did was wrong, while the Crown argued he was likely affected by drug-induced psychosis.

Simard said in an agreed statement of facts that he was acting on orders from the government to try and kill the boy, saying the voices in his head told him he would be rewarded for his actions.

An initial psychiatric assessment of Simard found he was likely suffering from schizophrenia, while a subsequent check said he was trying to make up hallucinations. He was a support worker at the development centre at the time of the attack.

THE CANADIAN PRESS

City, state and nation mourn 19 firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday. DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the nation's biggest loss of firefighters in a wildfire in 80 years.

The tragedy Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the unit's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to about 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow from 80 hectares to about 800 in a matter of hours.

THE ASSOCIATED PRESS

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- The hope in that desperate situation is that the fire will burn over them.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.

The Granite Mountain Hotshots practise setting up emergency shelters outside of Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

Egypt. Military issues an ultimatum to Morsi: Time to get it together or get out

Egypt's military gave a "last-chance" ultimatum Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement put enormous pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country erupted into delirious celebration.

But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hard-liners, some of whom belong to former armed militant groups.

After the army statement, multiple officials of Morsi's Muslim Brotherhood insisted that the military and protesters cannot overturn the president's election. An alliance of the Brotherhood and other Islamists called on citizens "to rally in defence of legitimacy and reject any attempt to overturn it."

Pro-Morsi marches numbering in the thousands began around the country after nightfall. In Cairo, thousands of Islamists massing near the Ittihadiya presidential palace reacted with shock and fury, some vowing to fight against what they called a coup against the "Islamist project."

Resistance

"Any coup of any kind ... will only pass over our dead bodies."

Mohammed el-Beltagi, a leading Muslim Brotherhood figure

The army's stance raises an unsettling prospect for many of Morsi's opponents as well — a potential repeat of the military rule that lasted for nearly 17 months after the 2011 fall of Hosni Mubarak. During that time, many of those now in the anti-Morsi campaign led protests against military rule, enraged by its management of the transition and heavy hand, including killings of protesters.

The military denied it intended a coup. Instead, it said it would "announce a road-map for the future and measures to implement it," underlining it will "not be a party in politics or rule." THE ASSOCIATED PRESS

Women react to the ultimatum in Cairo on Monday. AMR NABIL/THE ASSOCIATED PRESS

No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work pro bono to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," said Puka.

"There was a guy bringing shawarma and all kinds of things." ALLISON PARDER/FOR METRO IN CALGARY

From left, Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

Hong Kong

Protesters rally for self-determination

Tens of thousands of Hong Kongers took to the streets Monday, demanding their widely hated Beijing-backed leader resign and pressing for promised reforms so they can choose their own.

Leung Chun-ying, who was not elected but instead picked by a committee of mostly pro-Beijing elites, has long been beset by controversy. THE ASSOCIATED PRESS

Tunisia

Opposition walks out of assembly

Dozens of opposition deputies have walked out of Tunisia's constitutional assembly to protest the final draft of a new post-Arab Spring constitution.

Singing the national anthem, the dissidents forced the closure of the session. Deputy Nadia Chaabane accused the ruling party of altering the final draft.

THE ASSOCIATED PRESS

Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

It's Canada's day at the Bank of England

Auspicious start date. Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about $600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. THE ASSOCIATED PRESS

Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair-use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." THE ASSOCIATED PRESS

A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. THE DETROIT NEWS/THE ASSOCIATED PRESS FILE

Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, company spokeswoman Christina Mueller-Curran said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged $1.50 to withdraw cash. The lawsuit focused attention on the practice of paying low-wage employees via debit cards that can be laden with fees. THE ASSOCIATED PRESS

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BREAKING BREAD OR DEAL-BREAKING?

SHE SAYS

Jessica Napier
metronews.ca

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme eating habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the type of lifestyle we want to lead. Food can be ideological and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy. I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Celebrity facemash

Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI
Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?
I would use just one word: Juxtapose.

It must have taken you a long time to find similar celebs and compositions in the original photos.
It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...
People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait

ANDREW FIFIELD
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Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

Point of Inquiry:
Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:
Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.

In Our Time:
While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

Twitter

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada http://zite.to/1b1PBtf via @zite

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada!

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

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Send us your comments: londonletters@metronews.ca

metro

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DVD Reviews

56 Up

Stars. Michael Apted
Directors. Michael Apted, Paul Almond

The good news about 56 Up, the latest in Michael Apted's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpudlian Neil Hughes, the lost soul of the Up brigade. Fighting mental illness since his teen years, he's struggled through ups and downs that left him homeless at 28 and still restless at 56.

I Declare War

Stars. Siam Yu, Gage Munroe
Directors. Jason Lapeyre

I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. PETER HOWELL

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

NED EHRBAR
Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way Back, which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

Sam Rockwell, left, Liam James and Maya Rudolph in The Way Way Back. GETTY IMAGES

Teen in the mix

Old helping the young. The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method. "We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

Cinema Review

Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

Despite the humdrum story Despicable Me 2 is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family. RICHARD CROUSE

Box Office news

$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought The Heat against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned $40 million in its opening weekend, topping the $25.7M debut haul of Foxx and Tatum's White House Down. THE ASSOCIATED PRESS

Comics. Sandman returns under the skilled hand of Neil Gaiman

The Sandman is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled The Sandman: Overture, the new series will appear bi-monthly starting Oct. 30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the Endless more than a decade ago. His original telling of Sandman has sold more than seven million copies in nine languages. THE ASSOCIATED PRESS

Jessica Simpson ALL PHOTOS GETTY IMAGES

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

Paula Deen

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn site, we're cancelling the Internet.

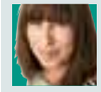
According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Kardashian conspiracies, boy band beatdowns and a Kick-Ass conscience



STARGAZING
Malene Arpe
scene@metronews.ca

• **Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids."** You'd think the Wahlbergs would have better things to do.

• **Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence.** In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• **Arnold Schwarzenegger will play a leading role in an upcoming zombie movie.** Possible tag lines include:
1) "Hasta gnaw vista, baby."
2) "If it bleeds, we can eat it."
3) "Put that brain down. Now."
4) "It's not a tumour. But if it is, I'll eat that too."
5) "Consider cat a first course."
6) "I'll be snack."

• **Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures.** Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?

• **Anne Rice defends Paula Deen by writing on Facebook, "It's so easy to persecute an older, overweight, unwise, crude, ignorant woman who may very well be a good person at heart."** "Wow," says everyone on Paula's PR team. "We didn't think we could have done a worse job, but obviously that's not true. High five!"

Jennifer Lopez

Lopez loses cred for crooning to infamous dictator

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

Twitter

@rickygervais
If you go to church today, pray that I have a great day, take the piss on Twitter & get drunk on champagne tonight. I bet it works.

@lenadunham
Pretty sure whoever had my phone number before me led telemarketers on and made them think they wanted it.

@MileyCyrus
Wifi + Airplanes = Genius

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LIFE 3

How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

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"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

1. Eat 5 times a day: 2 snacks & 3 meals
2. Eat every 3 to 4 hours when awake
3. Eat within 30 minutes of waking
4. Stay on the plan for the full 28 days
5. Stick to the foods allowed in each phase
6. Drink half of your body weight in ounces of water, every day

Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST
Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST
Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.

DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT+ LOW CARB +LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST
Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

More food rules

No dairy. The rate of sugar delivery in lactose (milk sugar) is way too fast and the animal-based fat way too high.

No soy. Most soy is genetically modified, making it harder for your body to break down. **It's also high in estrogen, which can increase belly fat.**

No corn. It's a big reservoir of sugar that equals quick fat.

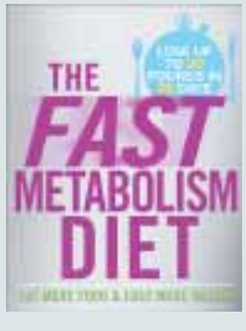
No wheat. It's very hard for your body to digest and extract its nutrients.

No refined sugar. It's a concentrated source of quick energy, making it hard for your body to maintain stable blood-sugar levels.

No caffeine. It stresses your adrenal glands and pushes the body past its healthy state of energy.

No alcohol. Which is very high in sugar.

No dried fruit or fruit juices. the sugar concentration is too high and the fibre too easy to break down.



Exercise for dieting

1. At least one day of vigorous cardio, like running or an upbeat aerobic-based exercise class.
2. At least one day of strength training with weights.
3. At least one day of a stress-reducing activity such as yoga.

Grilling: not just for carnivores

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn onions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

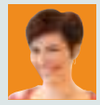
4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

Health Solutions

Watered down



NUTRI-BITES
Theresa Albert
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You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.
- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.
- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.
- Freeze any leftover berries in ice cubes and add to a glass of water.
- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side Dish. American Tomato Salad

Ingredients

- 1 tbsp mild olive oil
- 1 tbsp honey
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 4 heirloom tomatoes, sliced
- 4 oz Humboldt Fog or Maytag Blue cheese, sliced or crumbled
- 1 cup torn mixed soft herbs (such as chives, basil, cilantro and parsley)
- Flaked sea salt and ground black pepper, to taste

1. In a small bowl, whisk together the olive oil, honey, vinegar and mustard.

2. On a platter, arrange the tomato slices. Drizzle the vinaigrette over the tomatoes, then top with the cheese and herbs. Sprinkle with the sea salt and black pepper.

THE ASSOCIATED PRESS

Panko bread crumbs update classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

This Japanese-style bread crumb is a relatively recent invention. The slightly sweet bread is baked by electrocution in an oven that is cool to the touch. Only the dough gets hot as current surges through it. The resulting loaf has no crust and is uncommonly airy when it is shredded into slivers and crumbs. Combined with cornmeal, the panko fries into a light, crisp envelope for the tangy tomato slices.

This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

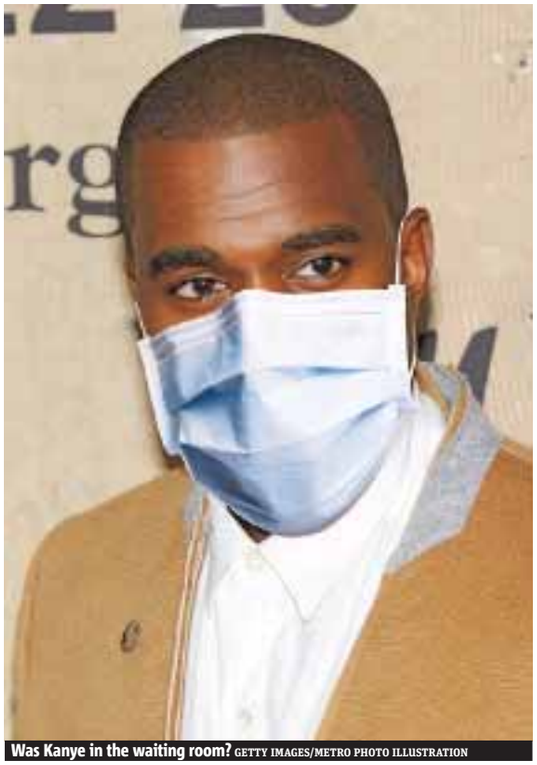
5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA McGUINNESS
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When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge. One comment on Yahoo.com, read, "That dude weak as #@%$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of The Expectant Dad's Handbook, tells Metro: "Society has changed to a point that they're expected to be present during childbirth." Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative. "Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help. "It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont. To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear. So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin. This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," he explains.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up.

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan.

"The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula," she adds.

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

You can keep it Sexty, but follow the rules

Not everyone appreciates sexting. ISTOCK IMAGES

It's no secret that overly sexual text messages can turn off a once-promising romantic partner — the opposite of what the texter was hoping to achieve.

When texts get too sexty too fast — it can be kinda creepy. To keep you from making this mistake, here are three simple rules from Amber Madison, a Manhattan-based relationship expert and dating coach, to keep your texting in line.

iSext

Mashable.com has reported that market research firm Harris Interactive recently published a survey that showed an average of 26 per cent of adults use their smartphones to spice things up.

Face to face

"If you have not met a person in real life, don't sext them. Understandably, you want to be flirty if you're messaging someone from a dating site. But getting sexual in your messages is way too presumptuous for someone you haven't met in person and you're not even sure you're attracted to. (More importantly, they may not be sure if they're attracted to you.)."

Do it first

"If you haven't done it in real life, don't text about it. So, you went on a few dates and made out a little bit — awesome.

"But, that doesn't give you the right to start texting about how you can't wait to get them naked and in bed. The time to propose sexual activity is in person, not via a cellphone.

"It's presumptuous to share your sex fantasies with someone who may not want to be having sex with you."

Cage your snake, boys

"Function under the assumption that she doesn't want a dick pic sent to her. Guys: Your junk is impressive, I'm sure.

"But we don't want a picture of it. We don't care how big, pierced, tattooed, well-groomed or whatever it is.

"If you're super fit and you want to send a topless pic, that's a little braggy, though at least it's hot."

METRO

Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

A lesson in fixed vs. variable rate mortgages

YOUR MONEY
Alison Griffiths
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It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a $200,000 mortgage keeps about $2,000 after tax dollars in your pocket in the first year and saves nearly $32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a $200,000 mortgage an extra $50 cuts two years off the life of the mortgage and saves nearly $7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of $1,500, and the mortgage is gone in 21 years with interest savings of nearly $15,500.

In numbers

20

On average, Canadians expect to pay off their mortgages in 20 years.

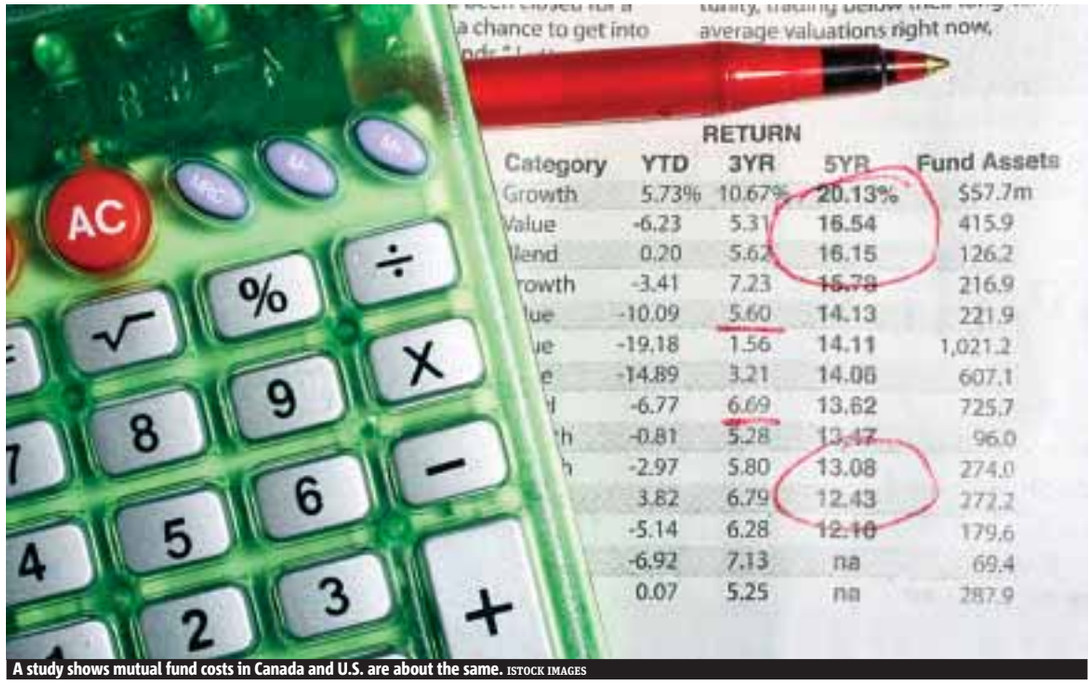
Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

A mutual understanding about funds

A recent study by two highly respected research firms shows that owning mutual funds costs about the same in Canada and the U.S. In both countries, the cost (excluding taxes) is around two per cent.

This research is significant. In the past, comparisons between the two countries did not recognize some key differences in how the costs are packaged.

In Canada, the costs of the product and of the adviser's time and support are all included together in the "management expense ratio," which investors can find on their quarterly statements. In the U.S., many investors pay a separate fee to their advisers, and this fee-for-advice is not included in the so-called "total expense ratio" shown on their quarterly statements. Therefore, if you compare the cost on the quarterly statements from both countries, the Canadian number will always look higher because the U.S. number doesn't include all of the costs.



A study shows mutual fund costs in Canada and U.S. are about the same. ISTOCK IMAGES

Are fees higher when they are charged separately?

The research found that many U.S. investors who pay for advice separately are paying more than they used to pay when the fees were included in the total charges. First-time investors and small-to-medium investors are likely to pay much more for advice when it is charged separately, rather than as part of the product package.

The existing Canadian model serves investors well because they can easily identify their total costs and compare costs across funds.

Do separate fees mean more — or less — advice?

Unbundling of fees may lead to what experts call a "serious advice gap." A survey of more than 2,000 adults in Britain found that charging separately for advice was prompting many people to stop seeking advice.

As a result, many advisers in Britain are focusing on serving wealthier clients. Some experts predict that up to 5.5 million investors — 11 per cent of the population — will not have access to advice as a result.

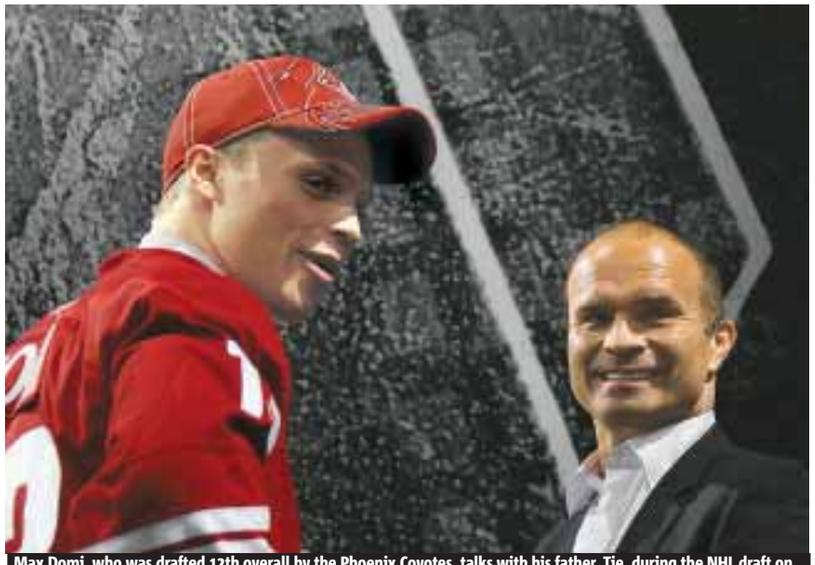
Why is financial advice important?

Credible research shows that having an adviser causes people to be more disciplined about their savings. This produces much better financial results for the investor. The difference can be as much as 2.5 times more wealth for people with advisers, compared to people who do not receive investing advice.

Without the discipline to save that is reinforced by having an adviser, people will save less, and they may not have enough for retirement, leaving them dependent on government programs. Average and small investors will be affected the most. NEWS CANADA

Younger Domi's flair lures Coyotes

NHL draft. Phoenix selects offensively gifted Knight with 12th overall pick



Max Domi, who was drafted 12th overall by the Phoenix Coyotes, talks with his father, Tie, during the NHL draft on Sunday in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

He looks like a chip off the old block. Max Domi is his own man on the ice, however.

The son of former Maple Leafs enforcer Tie Domi, Max uses his hands to score or set up goals rather than administer justice. His offensive creativity convinced the Phoenix Coyotes to take the 18-year-old from Toronto 12th overall in Sunday's NHL draft.

"He was pretty pumped," Max said of his father's reaction to going in the first round. "He's an emotional guy, obviously. He's very happy. He had a long, successful career in the NHL and he wants nothing less for me."

Tie Domi was a second-round pick of Toronto's, going 27th overall in 1988. He played two games for the Leafs before spending six seasons with the Rangers and Jets. In 1994, he returned to Toronto where he spent his last 11 seasons as a Maple Leaf.

He finished with 104 goals, 141 assists and 3,515 penalty minutes in 1,020 NHL games.

In contrast, Max tied for eighth in regular-season scoring with 87 points (39 goals and 48 assists) and was a plus-33 in 64 games this season for the London Knights. He also had 71 penalty minutes.

"A natural goal-scorer, everywhere he's been," said Dan Marr, director of NHL Central Scouting. "Max has a finishing touch. And that can separate him from a lot of players. A lot of players can get chances from their abilities and their smarts but can they finish? Max can finish.

"He's not the biggest guy but he certainly plays bigger than his size. It doesn't influence or impact his game one way or another. And he's like Brett Hull; he's smart, he knows how to get open and he's ready to take the shot."

The five-foot-nine, 197-pound forward can also play provider as he showed in the Memorial Cup, feathering a pass between his legs to set up Bo Horvat.

Quoted

"He's a big reason for me being what I am today. On and off the ice, he's a first-class guy."

Max Domi on his father Tie, whom he calls his No. 1 fan

The younger Domi is just as poised off the ice, handling questions about his famous father with ease.

Is it tough having Domi as a last name, he was asked.

"No, not at all. It's part of who I am and I can't change who my dad is, obviously. I've just got to use it as an advantage. Obviously some guys are going to kind of go after you a little bit more but in the end, like I said, you can't really change that.... I've got to be around some pretty cool people along the way. It's been a roller-coaster but it's helped a lot."

THE CANADIAN PRESS

MLB

Jays cook Tigers in Canada Day bash

Mark DeRosa hit a three-run homer and Jose Reyes added a solo blast as the Toronto Blue Jays romped past the Detroit Tigers 8-3 on Monday.

DeRosa's homer in the fourth inning put Toronto (41-41) ahead by six runs during a festive Canada Day game at Rogers Centre.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings.

Prince Fielder hit a solo homer off Dickey and Omar Infante went deep in the ninth for the American League Central-leading Tigers (43-38), who now have just one win in their last seven games.

THE CANADIAN PRESS

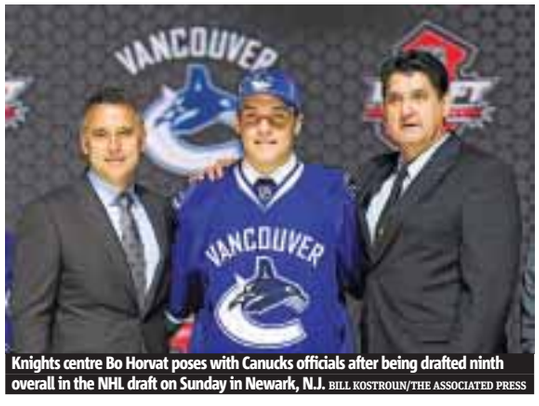
Wimbledon

Serena's winning streak smashed

Serena Williams joined a growing list of marquee names eliminated early at this wild and unpredictable Wimbledon.

The defending champion and five-time Wimbledon winner failed to close out a see-saw third set Monday, dropping the last four games to Sabine Lisicki of Germany and losing 6-2, 1-6, 6-4 in the fourth round. The result ended Williams' career-best 34-match winning streak. THE ASSOCIATED PRESS

Three Knights scooped up in first round



Knights centre Bo Horvat poses with Canucks officials after being drafted ninth overall in the NHL draft on Sunday in Newark, N.J. BILL KOSTROUN/THE ASSOCIATED PRESS

The London Knights made history Sunday with three players selected in the first round of the NHL draft.

Bo Horvat was the first to go, earning the Vancouver Canucks' ninth pick. Max Domi was taken 12th overall by the Phoenix Coyotes, and Nikita Zadorov went 16th overall to the Buffalo Sabres.

Other Knights drafted were: Remi Ellie, Dallas, second round (40th overall); Kyle Platzer, Edmonton, fourth round, (96th); and Miles Liberati, Vancouver, seventh round (205th).

The Canucks' move to take Horvat made the most noise, with Vancouver trading goalie Cory Schneider to New Jersey for the pick.

Canucks GM Mike Gillis called Horvat a "great young player" and said he likes that Horvat comes from the Knights organization.

The six-foot, 203-pound Rodney native scored 33 goals and had 28 assists last season.

Horvat netted the OHL final winning goal against the Barrie Colts with one second to go in regulation in Game 7.

Domi's move to the Coyotes marks the third consecutive year Phoenix has picked up the son of a former NHL player.

Domi's father, Tie, played for the Toronto Maple Leafs for 10 seasons. Domi, a 197-pound centre, scored 39 goals and added 48 assists last season.

Zadorov, a plus-33 player, had 25 points on six goals and 19 assists for the 2012-13 Knights. SCOTT TAYLOR/METRO WITH FILES FROM ANGELA MULLINS

CHL standouts

22

A record 22 CHL players were chosen in the first round on Sunday. The previous record was 21 first-rounders in the 2011 and 1998 drafts.

Horoscopes

♈ Aries
March 21 - April 20
Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

♉ Taurus
April 21 - May 21
You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

♊ Gemini
May 22 - June 21
With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

♋ Cancer
June 22 - July 23
Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

♌ Leo
July 24 - Aug. 23
Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

♍ Virgo
Aug. 24 - Sept. 23
Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

♎ Libra
Sept. 24 - Oct. 23
You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

♏ Scorpio
Oct. 24 - Nov. 22
You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

♐ Sagittarius
Nov. 23 - Dec. 21
You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

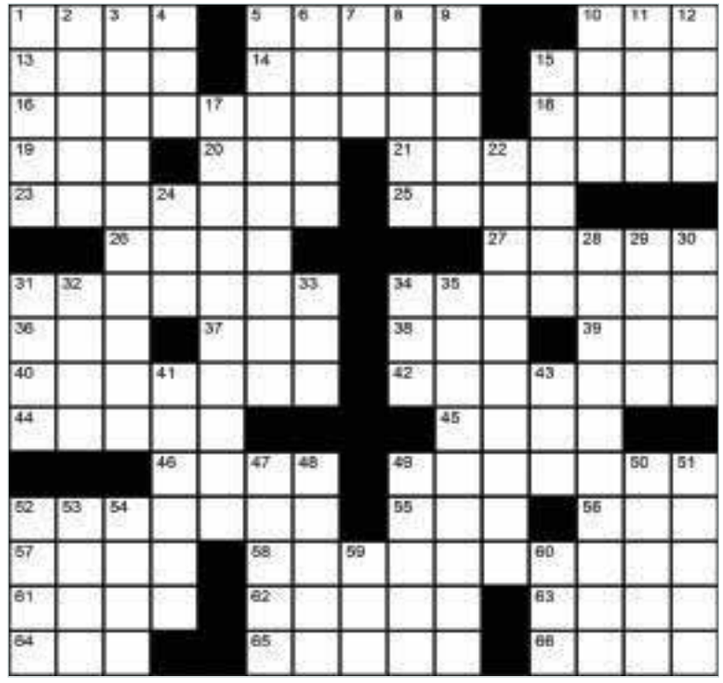
♒ Aquarius
Jan. 21 - Feb. 19
If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

♓ Pisces
Feb. 20 - March 20
A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

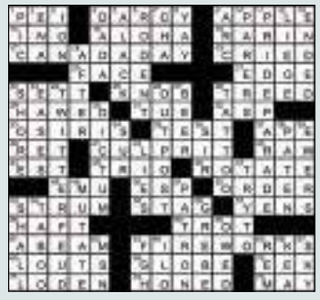
BY KELLY ANN BUCHANAN



Across
1. Jennifer or Cynthia (Canadian actresses/ sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one __ __ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady __
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed __ Theatre
36. King, in Portugal
37. Actor, Daniel __ Kim
38. "Either he goes __ _ go!"
39. Comedy's Mr. Howard
40. "__ X" (1992)
42. Physicians
44. Edgar __ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units
62. Made level
63. 50 Cent hit: "__ __ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of __

Down
1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The __ of Canada: 2 wds.
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni __
9. Chef on ABC's "The Chew", Michael __
10. 'Wild' animal
11. Mine entrance
12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "_ __ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "__ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai __ (Cocktail)
47. Mr. Gingrich's
48. John __ (Tractor company)
49. Pals
50. _ __ _ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon __ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, __ Fail

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	6	2	7	1	9	8	5	3
5	7	1	2	8	3	9	6	4
3	8	9	4	6	5	1	7	2
6	5	8	3	4	7	2	1	9
1	9	4	5	2	6	7	3	8
2	3	7	8	9	1	5	4	6
9	1	3	6	5	8	4	2	7
7	2	5	9	3	4	6	8	1
8	4	6	1	7	2	3	9	5

		2		6			7	
						5		
1	3	9	7	5				2
9		1	4			7		
				7				
		5			6	3		8
7				1	9	6	2	5
		6						
	1			4		8		

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